




Qigong
Self Care
Trainer



Opens the way to

- **Abundant Health**
- **Awakened Spirit**
- **Liberated Mind**
- **Integration of Nature**
- **Realization of Innate Being**
- **Fulfillment of Purpose**



For self
and for those
you train!

The Basic Elements

- Breath awareness
- Mind awareness
- Body awareness
- Energy (Qi) awareness
- Awareness of stillness
- Awareness of movement

Engage with life in a state of

AWARENESS

No Judgement

- No absolute right or wrong way to act, to be, to learn, to teach.
- Absorb and integrate what makes sense, and meets your understanding.
- Let go of that which does not.
- Spread your net wide to learn from those who came before you. Wisdom arrives in many packages and forms.
- Be discerning, not to be misled or bound to an isolated ideology.
- We are ALL Masters according to the grace of creation. We need only to develop our understanding and skill.

To teach is to learn, to learn is to teach.

Value Your Self!

You contain great
wisdom and innate
gifts, even if yet
undiscovered.

Trust Your Intuition

Always listen to the small still voice.

Pay attention to your gut instincts.

Never go against yourself and what you know to be. Even if you are wrong about something. If so, the lesson was destined to occur, and it will expand your knowing.

Be Curious

- It's OK not know something, in answer to a students query.
- It's OK to admit that you do not have the anser at your fingertips.
- It's OK to say, I have to consult my texts, or teachers on a given issue.
- Always seek out the knowledge that will answer your quest, or fulfill your students needs
- ***Speak and teach from experience:***
Explore new things through your own body and experience the effect on yourself before you share it with another.

Build your Self Confidence!

- Assemble a repertoire of routines &/or techniques that you resonate with and commit to practicing them for yourself.
- Practice speaking as if to your students, as you do the routines.
- Read about, or ask questions about the underlying principles and energy systems that are being used by these particular routines.
- Build your repertoire at your own pace. Allowing your knowledge to grow with your capacity to move energy.

Assemble the Parts of Your Training Program

Each session will be different, Choose 2 or 3 from these groups of practices for each of your training sessions:

- Breath Practice
- Mindfulness Practice
 - Sitting Meditation or Standing Posture
- Lymphatic or Cleansing Practice
- Self Applied Massage
- Energy Circulation Practice
- Remedy Routine
- Graceful Movement or Spontaneous Movement